

Truth and Quality

appeal to the Well-Informed in every walk of life and are essential to permanent success and creditable standing. Accordingly, it is not claimed that Syrup of Figs and Elixir of Senna is the only remedy of known value, but one of many reasons why it is the best of personal and family laxatives is the fact that it cleanses, sweetens and relieves the internal organs on which it acts without any debilitating after effects and without having to increase the quantity from time to time.

It acts pleasantly and naturally and truly as a laxative, and its component parts are known to and approved by physicians, as it is free from all objectionable substances. To get its beneficial effects always purchase the genuine—manufactured by the California Fig Syrup Co., only, and for sale by all leading druggists.

Selfish Etiquette.

Some rules in an old book on etiquette seem to encourage a practice commonly called "looking out for number one." Here are two of them:

"When cake is passed, do not finger each piece, but with a quick glance select the best.

"Never refuse to taste of a dish because you are unfamiliar with it, or you will lose the taste of many a delicacy while others profit by your abstinence, to your lasting regret."—Youth's Companion.

Saved From Being a Cripple for Life.

"Almost six or seven weeks ago I became paralyzed all at once with rheumatism," writes Mrs. Louis McKee, 913 Seventh street, Oakland, Cal. "It struck me in the back and extended from the hip of my right leg down to my foot. The attack was so severe that I could not move in bed and was afraid that I should be a cripple for life.

"About 12 years ago I received a sample bottle of your Liniment but never had occasion to use it, as I have always been well, but something told me that Sloan's Liniment would help me, so I tried it. After the second application I could get up out of bed, and in three days could walk, and now feel well and entirely free from pain.

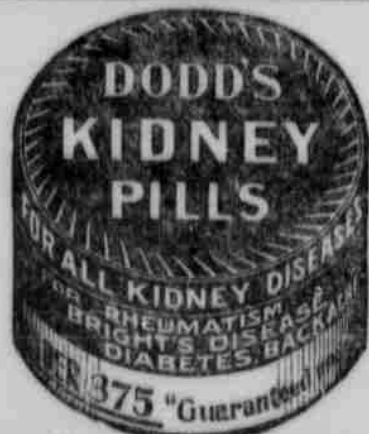
"My friends were very much surprised at my rapid recovery and I was only too glad to tell them that Sloan's Liniment was the only medicine I used."

A manly man likes to acknowledge his faults to a womanly woman who tries to convince him that he has none.

In a Pinch, Use ALLEN'S FOOT-EASE.

A powder. It cures painful, smarting, nervous feet and ingrowing nails. It's the greatest comfort discovery of the age. Makes new shoes easy. A certain cure for sweating feet. Sold by all Druggists, 25c. Accept no substitute. Trial package, FREE. Address A. S. Olmsted, Le Roy, N. Y.

A good life is the readiest way to procure a good name.—Whitcomb.



Washington Whisperings

Interesting Bits of News Gathered at the National Capital.

House Remembers Cannon's Birthday



WASHINGTON.—Speaker Cannon was 72 years old the other day, but being a presidential candidate, he was not aware of the fact until the anniversary came thick and fast, and brought tears of emotion from him. The first hint was contained in a telegram from a constituent in Danville, Ill., who is the family Bible expert for that part of the country.

"What day of the month is this, Busbey?" he asked of his secretary. "Here is a fellow who has the nerve to say I have turned another milestone."

A calendar was consulted, and "Uncle Joe" acknowledged that the boys back home had one on him. In a few minutes Mr. Busbey was called out to the corridor and notified that about the biggest floral piece ever seen in the capitol would arrive at four o'clock, and that there would be big doings in the speaker's room.

"Uncle Joe" was kept in ignorance of the arrangements, and when, at the

appointed time, he was summoned from the floor of the house by the entire Illinois delegation, he was genuinely surprised.

Representatives Graff and Rainey, one a Republican and the other a Democrat, spoke felicitously and presented the floral piece, which was six feet high, of dogwood blossoms and American Beauty roses. As the speaker started to reply, a tear trickled as he said:

"The sweetest flowers of all bloom above the parting wall."

He then spoke of his long career in congress, thanked his 27 colleagues individually and collectively, and a few minutes later was called back to the floor of the house. A roll call was being taken on a motion to recess until the following day, but when it was half over Champ Clark jumped to his feet and said:

"It seems to me this is the speaker's birthday."

This was the signal for general applause, and the speaker blushed, smiled and bowed like a schoolgirl as he waited for it to subside. Then he gave voice to his appreciation.

"I move that in honor of the occasion the roll call be suspended," said Representative Macon of Arkansas. This motion was passed with a whoop and the Democratic filibuster was relaxed for a few minutes at least.

Tattooing Very Popular in the Navy



AN INTERESTING report on tattooing in the navy has been made to Secretary Metcalf by Surgeon Ammon Farenholt as a result of his observations while serving on the receiving ship Independence at the Mare Island navy yard in California.

The enlistment records of 3,572 men were examined by Dr. Farenholt, this being the enlistments on the Independence for eight and a half years. These records show that the percentage found tattooed on examination for second and subsequent enlistments was 53.61, and the percentage found tattooed on examination for first enlistment was 23.01. The opinion is ex-

pressed that about 60 per cent. of the sailors who have served over ten years in the navy are tattooed.

Dr. Farenholt says it is not fair to assume from the figures that 23 per cent. of the male citizens are tattooed, as a considerable proportion of applicants for enlistment are sea-faring men. He was surprised to find so many, probably eight per cent. of the recruits, who are tattooed and who denied having been at sea or even having lived in seaport towns. In Dr. Farenholt's opinion, the custom is more common in camps and in places where men are collected in large numbers than is imagined.

The report contains statistics regarding the location of tattoo marks and the frequency of various designs. Letters, mottoes, initials and allied devices lead the list and constitute about 26 per cent. of all ink marks. Coats of arms and national emblems follow with about 25 per cent., then flags, anchors.

President Roosevelt a Good Churchgoer



THE president is not only a good churchgoer himself, but deserves the thanks of at least two Washington preachers for his aid in boosting the size of their congregations.

With his predilection for having everything reformed it is no more than natural that his church also should bear the magic label. It is Grace Reformed, a rather small, gray stone building on Fifteenth street, not quite a mile from the White House.

Grace Reformed is not a fashionable church. The congregation is unassuming in appearance and would be decidedly modest in size if it were not for the president. He fills cer-

tainly two-thirds of the pews. So far as audiences go the preacher may have to look for lean years after March 4, 1909.

While the president fills dozens of the pews by the mere fact of his expected presence he occupies his own seat in solitary grandeur. Once in a while he goes with his wife and family to St. John's, but they don't seem inclined to reciprocate the attention. St. John's rejoices in the local title of "the church of state," and always reserves a pew for the president of the United States, though it had not been in demand for a good many years when Mrs. Roosevelt became lady of the White House.

Whether he goes to his own church or not, no one but Theodore Roosevelt, unless it is some fiend or guest accompanying him, which rarely happens, is ever seated in the president's pew at Grace Reformed. Two secret service men always accompany him, but do not sit with him.

Changed Conditions.

Poet (to farmer)—See, what a beautiful prospect is unfolded in yonder billowy fields, and hark! the voice of the plowman!

Farmer—Yes; he's been cussin' of that mule sence daylight, an' it's one o' them German mules that used to pull a beer wagon, an' he can't understand a word o' dialect.—Atlanta Constitution.

Laundry work at home would be much more satisfactory if the right Starch were used. In order to get the desired stiffness, it is usually necessary to use so much starch that the beauty and fineness of the fabric is hidden behind a paste of varying thickness, which not only destroys the appearance, but also affects the wearing quality of the goods. This trouble can be entirely overcome by using Defiance Starch, as it can be applied much more thinly because of its greater strength than other makes.

Honorable Youth.

"Here, you, sir!" cried Miss Roxley's angry papa, "how dare you show your face here again?"

"Well," replied young Nervey, "I might have worn a mask, of course, but that would have been deceitful."

That an article may be good as well as cheap, and give entire satisfaction, is proven by the extraordinary sale of Defiance Starch, each package containing one-third more Starch than can be had of any other brand for the same money.

The fairest of all things fair on earth is virtue.—Shakespeare.



MISS SOPHIA KITTLESEN.

HEALTH VERY POOR—RESTORED BY PE-RU-NA.

Catarrh Twenty-five Years—Had a Bad Cough.

Miss Sophia Kittlesen, Evanston, Illinois, U. S. A., writes:

"I have been troubled with catarrh for nearly twenty-five years and have tried many cures for it, but obtained very little help.

"Then my brother advised me to try Peruna, and I did.

"My health was very poor at the time I began taking Peruna. My throat was very sore and I had a bad cough.

"Peruna has cured me. The chronic catarrh is gone and my health is very much improved.

"I recommend Peruna to all my friends who are troubled as I was."

PERUNA TABLETS:—Some people prefer tablets, rather than medicine in a fluid form. Such people can obtain Peruna tablets, which represent the medicinal ingredients of Peruna. Each tablet equals one average dose of Peruna.

Man-a-lin the Ideal Laxative.

Manufactured by Peruna Drug Manufacturing Company, Columbus, Ohio.